



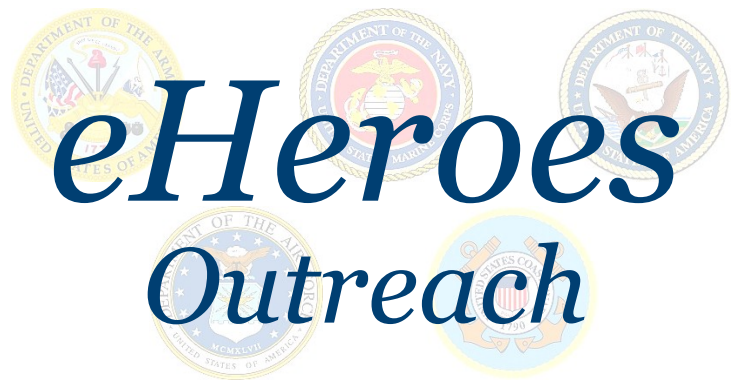
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Acting Director
Timothy J. Cooke, BSEE



[Click here for directions](http://www.martinsburg.va.gov)
www.martinsburg.va.gov



Welcome

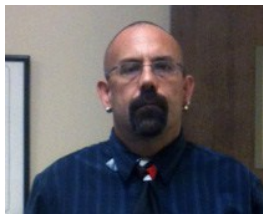
Since 1944, the Martinsburg VA Medical Center has been improving the health of the men and women who have so proudly served our nation. We consider it our privilege to serve your health care needs in any way we can. Services are available to more than 126,000 Veterans living in 22 counties in Western Maryland, West Virginia, South Central Pennsylvania, and Northwest Virginia.

January 2014



Meet Your Team

Michael Gonzales, Medical Support Assistant



Meet Michael Gonzalez, medical support assistant in the suicide prevention office. This Army Veteran and Ventura, Calif., native assists the suicide prevention office with managing Veterans' mental health appointments, tracking and monitoring data for Veterans at risk for suicide, and participating in Veteran outreach events. He began working at the medical center in December 2012

and said he likes helping people. "I enjoy interacting with fellow Veterans and helping others work within the VA health care system." Gonzalez sits on the External Customer Support Committee and the Strategic Planning Committee. His hobbies include spending time with his daughter and granddaughter, watching mixed martial arts events and zombie films, and fixing things around the house. Gonzalez said he enjoys riding his new Harley Davidson motorcycle and wearing original, interesting neckties. Make sure to say hello to Gonzalez the next time you are in the HOPE Center.

Monique Richards, Public Affairs Technical Career Field Participant

Meet Monique Richards, Technical Career Field (TCF) public affairs specialist. This Dover, Del., native and Operation Iraqi Freedom Army Veteran began working at the medical center in September 2013. In 2013, she also earned a Bachelor of Science in Business Administration from Trident University in Charleston, S.C. Richards said she enjoys her new career because she finds it rewarding to



inform Veterans and their families about the broad range of available VHA programs and services. "I am honored to serve those who have served," she said. The VHA TCF program hires select participants annually to fill crucial positions serving America's Veterans in areas such as safety, industrial hygiene, prosthetics, engineering and public affairs. Upon completing the TCF program in 2015, Richards will go on to become a VHA public affairs specialist at one of the 152 VA medical centers located across the nation.

Our Clinic Locations

[Cumberland, Md.](#)
[Fort Detrick, Md.](#)
[Hagerstown, Md.](#)
[Harrisonburg, Va.](#)
[Stephens City, Va.](#)
[Franklin, W.Va.](#)
[Petersburg, W.Va.](#)

Quick Tips

**Resolve to be
physically fit in
2014!**



Check out the MOVE!
Program at
www.move.va.gov
or call Rebekah
Overstreet, RD, at
304-263-0811, ext. 3728.

NEED A RIDE?
Transportation



**RETURNING
SERVICE
MEMBERS**



WOMEN IN THE U.S. MILITARY
**STORIES OF
SERVICE**

Affordable Care Act
WHAT YOU NEED TO KNOW



Annual Remembrance Ceremony



The Martinsburg VA Medical Center staff paid their respects and remembered 168 Veterans who passed away at the medical center in 2013 during the annual remembrance ceremony Dec. 18. The annual remembrance ceremony is one of the many ways the medical center shows its commitment to Veterans and their families, even after death. The ceremony helps family and staff, find peace and heal during the bereavement process. During the ceremony, family members placed ornaments with their Veteran family members' names on the holiday tree. Members of the 167th Airlift Wing Base Honor Guard joined the ceremony with the presentation of the folded American flag and playing of taps. To continue reading this story, please click [here](#).

My HealtheVet offers classes

Ring the bell; school is in session! The Martinsburg VA Medical Center is now offering classes that help Veterans learn how to get the most of My HealtheVet. Classes will be held in the Patient Library, 2B-150 every Tuesday from 11 a.m. to noon. Attendees will receive personal instruction from staff about some of the most popular features on My HealtheVet, such as using secure messaging, accessing lab and test results, and requesting prescription refills. Space is on a first-come, first-serve basis.



Online
My Health, My Care: 24/7 Access to VA

VA to Expand Benefits for Traumatic Brain Injury



Some Veterans with traumatic brain injury (TBI) who are diagnosed with any of five other ailments will have an easier path to receive additional disability pay under new regulations developed by the Department of Veterans Affairs. The new regulation, which takes effect 30 days from Dec. 16, impacts some Veterans living with TBI who also have Parkinson's disease, certain types of dementia, depression, unprovoked seizures or certain diseases of the hypothalamus and pituitary glands. "We decide Veterans' disability claims based on the best science available," said Secretary of Veterans Affairs Eric K. Shinseki. "As scientific knowledge advances, VA will expand its programs to ensure Veterans receive the care and benefits they've earned and deserve." The published final rule is available at www.regulations.gov. To continue reading this story, please follow this [link](#).



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